

MARY WISE Menu Planners AND SHOPPING SUGGESTIONS

'Fork-Split' Is the Word for Muffins

One of the major baking events of the past year has been the acceptance of fork-split English muffins, baked with all-butter shortening. In a relatively short time, they have not only been successful but have given the entire English muffin industry a major lift. People who have never bought English muffins before are now their devoted fans. Prime reason for this has been the pre-fork-split principle. Sliced muffins lose much of their appeal, yet housewives and restaurants have been reluctant to spend the time to fork-split.

First Introduction
The Wonder Bread bakers, makers of these muffins, first introduced fork-split muffins about a year ago in New England—known as the heart of them. They were an immediate success. Other areas were test-marketed with like results. Now the Pacific Coast area has them available.

The Complete Story
Fork-splitting, however, is only part of the Wonder muffin story. The recipe was evolved in Chicago from dozens of old-time formulas. Master bakers from New England, Chicago and elsewhere had a hand in perfecting the method finally adopted. Master bakers at the Cain bakery in Chicago, now a Wonder subsidiary, which produced the first commercial English muffins in the United States were important in the evolution of the product's road to its present peak of goodness. Look for the muffins where bread is sold. They are not to be found in frozen food sections.

Stew Goes Continental
Beef Stew, long a popular American dish, is enjoyed the world over, and one continental version of this favorite is Normandy Beef Stew, prepared with convenient Kold Kist frozen cooked Beef Stew. To prepare, simply follow these easy instructions:

NORMANDY BEEF STEW
2 (16 oz.) packages Kold Kist Beef Stew
2 medium onions, sliced thin
2 tablespoons butter
1 cup shredded cabbage
1 (No. 1) can red kidney beans (or garbanzos), liquid and all
1 cup canned whole tomatoes
Salt, pepper, hot sauce to taste

Heat Beef Stew according to package directions. Sauté onions in large skillet in butter until tender. Add cabbage, beans, tomatoes and seasonings. Cook over medium heat until vegetables are done. Combine with stew. Add 1/2 cup stock or bouillon, or dry red wine, if you like a more "soup-like" stew. Makes 8 servings. Serve with crusty bread, butter, fruit gelatin salad, chocolate whipped cream roll and coffee.

Sauce Kick!
Ham and cold meat salad plates sparkle with this sauce. Combine 1/2 pint dairy sour cream with 1 or 2 tablespoons of prepared mustard, 1 tablespoon instant minced onion and 1 tablespoon EACH green chills and pimiento.

Earl Stanley Chowder—Boston lighthouse keeper, a bachelor who did light housekeeping, invented fish stew in 1838—a dish now known the world over as "chowder"...

BUT HE NEVER TASTED ANYTHING HALF SO SATISFYING and TASTY as

Kold Kist BEEF STEW
FROZEN COOKED

Tender morsels of rich, lean beef blended with garden-fresh vegetables in delicious natural juices and gravy.

*True or false?



SAUCY TURKEY CUT-OUTS dusted with chili powder grace the top of this Mexican-style turkey pie. Leftover turkey is given a South-of-the-border flavor with olives, corn and chili powder, making a most flavorful one-dish meal.

Many Moderns Like Yogurt

A centuries-old dairy food, yogurt, is a dairy product that is enjoying a rapid increase in popularity with modern consumers. The manner in which yogurt is consumed varies. Some use it to top morning cereal, others heap it high on luncheon fruit plates. As a dessert, flavored yogurt is popular. Consomme served with a dollop of plain yogurt is an inviting way to start dinner. For calorie counters, this dairy product makes a fine dip. In cooking, yogurt is unique, for it loses its own characteristic flavor, yet helps to intensify others.

Varied Uses
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Modern Process
By the turn of this century, the bacillus which turns milk into yogurt was isolated and the commercial production of yogurt made possible. Today this product is available in plain form or enhanced with vanilla, prune, pineapple, orange, lemon or strawberry flavoring.

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Easter Leftovers Go South-of-the-Border

The Mexican touch in cooking, so popular in the Southland, gives an exotic accent to this baked turkey pie.

The distinctive flavor of tomato, chili, corn, olives and pepper which characterize this colorful cooking technique, combine to make a flavorful turkey one-dish dinner.

Turkey cut-outs dusted with chili powder decorate this rich, flaky pie crust top, giving a festive appearance to a colorful dish.

If turkey-cutter is not available, make cardboard turkey pattern to trace around for pastry cut-outs.

TURKEY PIE MEXICANO
1 package Mrs. Singer's Pie Crust Mix

1 can undiluted cream of mushroom, celery or chicken soup

1/2 cup milk

2 cups diced cooked California Turkey

1 12-oz. can whole kernel corn with peppers

1/2 cup sliced pitted ripe olives

1/2 cup finely minced celery

1 teaspoon chili powder, or to taste

Dash hot pepper sauce

1/4 teaspoon black pepper

Prepare Mrs. Singer's Pie

Crust Mix according to directions on package. Form two-thirds of mixture into ball. Place on lightly floured waxed paper or pastry cloth and roll out to circle 1 1/2 inches wider than an inverted 10-inch pie pan. Cut out turkey design in center with cookie cutter or cardboard pattern. Reserve for top of pie.

Combine soup with milk and heat. Add turkey and remaining ingredients, seasoning to taste. Pour into lightly buttered 10-inch pie pan.

Top with reserved crust. Fold pastry overhang under to make thicker edge. Flute as desired.

Roll out remaining pastry and cut into 5 or 6 turkey shapes. Dust tops with chili powder, moisten bottoms with water to "glue" turkeys to crust, place in circle around top of crust, pressing lightly.

Bake at 425 degrees for 25 to 30 minutes or until crust is lightly browned and filling is hot and bubbly. Makes six generous servings.

'Mapled' Grapefruit

Fresh grapefruit drizzled with maple syrup and broiled is a delightful way to begin the day. Try it, too, for a dessert that is refreshing after a hearty dinner.

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BENEFIT BREAKFAST . . . Mayor Albert Isen, seated, and police Chief Percy Bennett, are among the first to purchase tickets for the Torrance Central Little League Women's Auxiliary benefit pancake breakfast Saturday, April 28, at 11 a.m. The event will be at 501 N. Arlington Ave. Proceeds will be used to replace equipment ruined recently by vandalism at Mobil Field. Taking part in the ticket sale are, left to right, Robert and James Thornton and Bart Johnson. (Herald Photo)

Moules a la Marinere
(Marinated Mussels) or Cherry Stone Clams
3 lbs. Scrubbed Mussels
1 pt. MUSCADET (white wine)
1 Sliced Garlic Bean
1 Sliced Onion
2 oz. Butter
2 Sliced Carrots
Salt, Pepper and Parsley
Pour MUSCADET wine into pan of bay leaves, sliced carrots, garlic bean, onion, butter, salt and pepper. Add scrubbed Mussels. Cook on medium fire 'til Mussels open, then remove them, leave the broth on gentle fire 5 minutes.
Dish out Mussels (on 1/2 shell and pour on the broth, strained) add chopped parsley before serving. Serve with P. Query Muscadet wine (Serves Two)

County Accepts Arlington Storm Drain as Complete

Construction of another important storm drain project serving the east Torrance area this week was completed and accepted by the Board of Supervisors.

The project, number 587 under the 1958 bond issue, is located in both the second and fourth supervisory districts, represented by Supervisors Kenneth Hahn and Burton W. Chace, respectively.

Supervisor Hahn pointed out that the new facility will eliminate the flooding of the intersection of Crenshaw Boulevard and 190th Street, which has posed a serious problem in the past during heavy rains.

It will also provide increased flood control for a large portion of Torrance, he said.

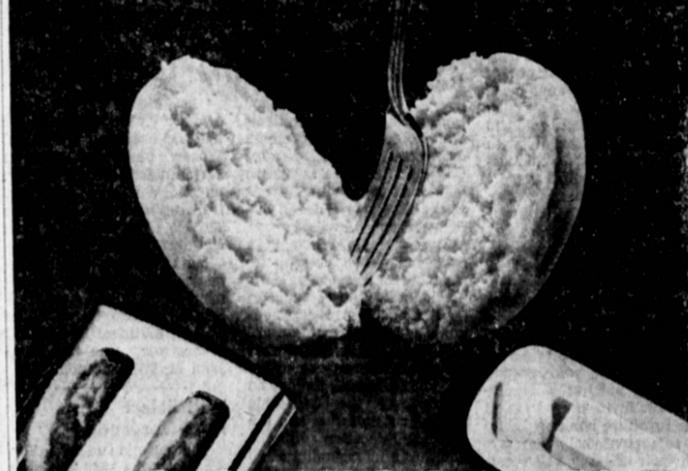
THE JOB took about seven months to complete and was built in two sections. Line A begins at 188th Street and Crenshaw Boulevard and extends south on Crenshaw to 190th Street, then east to Van Ness and south on Van Ness to Del Amo Boulevard.

LINE B starts at an existing drain west of Western Avenue and south of Torrance Boulevard, then northwesterly across Torrance Boulevard approximately 150 feet to an existing earth channel.

The Norco firm won the contract last August in stiff competition with nine other bidding firms, Supervisor Hahn pointed out.

DELICIOUS NEW WONDER ENGLISH MUFFINS

FORK-SPLIT ready for toasting... made with ALL-BUTTER for flavor!



Look at these marvelous ways you can use WONDER ENGLISH MUFFINS!

WONDER PIZZA RECIPE
Sprinkle top of salad oil on each muffin half. Cover with 2 tbsps. of tomato sauce, large slice of mozzarella cheese; sprinkle oregano, pepper, salt and top with another tsp. of oil. Place in oven (425° F.) for 15 minutes or until cheese melts.

EGGS BENEDICT*
Thin slices of fried ham... on buttered, toasted Wonder English Muffins. Top with poached eggs and Hollandaise Sauce. Recipe for "quick blender" sauce on every package.

WONDER SNACK NO. 1*
Try delicious toasted Wonder English Muffins topped with cream cheese and then deviled ham. Quick and easy but so appetizing! Great as a luncheon snack.

WONDER SNACK NO. 2*
Sprinkle brown sugar and ground cinnamon over buttered muffins. Place on aluminum foil and toast under broiler until brown. Cover with chopped walnut meats.



You'll never get enough of these mouth-watering Wonder English Muffins... once you taste them. They come to you ready for toasting. But that's not all. Wonder English Muffins are fork-split by a special device... to toast beautifully—so perfectly browned. Try this new breakfast treat... that can be used many ways for delicious meals. Ideal for Eggs à la Wonder Muffins and spreads. So be sure you ask for Wonder English Muffins... because only Wonder cares enough about flavor to bake English Muffins the more costly way... with pure creamery butter!

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